



December 2017



High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
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Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich.

Archdiocese of Philadelphia
222 N. 17th Street
Philadelphia, PA 19103
215-895-3470

SchoolMealsNDS

NDSSchoolLunchProgram

SchoolMealsNDS

www.nutritionaldevelopmentservices.org

PLEASE READ CAREFULLY Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

<p>4</p> <p>273 Rotini Bake OR 292 Wheat Penne Pasta 623 Chopped Broccoli 608 Dole Tropical Fruit Cup 670 Fresh Fruit 908 Dinner Roll OR 901 Honey Biscuits</p> <p>11</p> <p>203 Mac & Cheese & 908 Dinner Roll OR 272 Four Cheese Panini 623 Chopped Broccoli 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus OR 545 Cranberry Orange Hummus 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p> <p>18</p> <p>204 Chicken Parmesan & 902 Kaiser Roll OR 224 Chicken Nuggets with Sweet Potatoes 524 Corn Cobbette 631 Cherry Star Vegetable Juice 670 Fresh Fruit 689 Birthday Cake Applesauce 992 Oatmeal Cookie</p>	<p>5</p> <p>234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog with Chicken Nuggets & Potato Rounds 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 691 Orange Amazin' Raisins 670 Fresh Fruit 929 Keebler Elf Grahams</p> <p>12</p> <p>485 Swiss Steak & 902 Kaiser Roll OR 205 Popcorn Chicken 704 French Fries 632 Wango Mango Vegetable Juice 689 Birthday Cake Applesauce 670 Fresh Fruit 991 "Despicable Me" Honey Grahams</p> <p>19</p> <p>273 Rotini Bake OR 271 Spaghetti with Meatballs 623 Broccoli 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll OR 903 Maple Biscuits</p>	<p>6</p> <p>480 Hamburger OR 481 Cheeseburger 704 French Fries 611 Bagged Baby Carrots 689 Birthday Cake Applesauce 447 Mott's Apple White Grape Juice 902 Kaiser Roll</p> <p>13</p> <p>289 Pancakes with Sausage OR 482 Grilled Chicken Fillet & 902 Kaiser Roll 634 Hash Browns 631 Cherry Star Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup</p> <p>20</p> <p>253 Hot Dog with French Fries & 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators 603 Maple Baked Beans 686 Sno' Joe Apple Rosati Water Ice 447 Mott's Apple White Grape Juice 932 Keebler Scooby Snacks</p>	<p>7</p> <p>263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 445 Mott's Fruit Punch Juice 990 Chocolate Chip Cookie</p> <p>14</p> <p>217 Teriyaki Chicken with Rice OR 262 Ranchero Beef Pizza 625 Sweet Maple Carrots 708 Romaine Salad with Chickpeas 446 Mott's Apple Juice 670 Fresh Fruit 993 Gingerbread Man Cookie</p> <p>21</p> <p>263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 670 Fresh Fruit 992 Oatmeal Cookie</p>	<p>8</p> <p>211 Sloppy Joe OR 220 Taco Meat 635 Calypso Crush Vegetable Juice 647 Dole Mandarin Oranges 670 Fresh Fruit 902 Kaiser Roll OR 910 Ciabatta Bread</p> <p>15</p> <p>218 Mozzarella Pinwheel OR 219 Turkey Pepperoni Pinwheel 682 Marinara Sauce 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice</p> <p>22</p> <p>480 Hamburger OR 489 Salisbury Patty 610 Mashed Potatoes 635 Calypso Crush Vegetable Juice 691 Orange Amazin' Raisins 670 Fresh Fruit 902 Kaiser Roll</p>
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Merry Christmas! Enjoy your break!

<p>1</p> <p>Happy New Year! January 2018</p>	<p>2</p> <p>234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog with Chicken Nuggets & Potato Rounds 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 695 Strawberry & Mango Sidekick 609 Dole Mixed Fruit Cup 990 Chocolate Chip Cookie</p>	<p>3</p> <p>255 Cheese Stuffed Breadsticks OR 223 Veggie Pinwheel 682 Marinara Sauce 623 Chopped Broccoli 445 Mott's Fruit Punch Juice 689 Birthday Cake Applesauce</p>	<p>4</p> <p>482 Grilled Chicken Fillet OR 485 Swiss Steak 634 Hash Browns 635 Calypso Crush Vegetable Juice 686 Strawberry Lemonade Rosati Water Ice 670 Fresh Fruit 902 Kaiser Roll</p>	<p>5</p> <p>252 Cheeseburger Mac OR 217 Teriyaki Chicken with Rice 628 Mixed Vegetables 611 Bagged Baby Carrots 540 Garlic Hummus OR 541 Chocolate Hummus 670 Fresh Fruit 446 Mott's Apple Juice 908 Dinner Roll OR 902 Kaiser Roll</p>
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